

Winter 2003 – 2004

Adult Volleyball

Come on out and join the fun! It is time to increase your fitness and meet new people.

Lets play some VOLLEYBALL!

Sundays, January 11th – March 14th

7:00pm – 9:00pm

Lead Volunteer: **Kevin Mozingo**

Location: Culpeper High School Gymnasium

Fee: \$40 per person

Beginner Fly-Tying

Learn the art of fly-tying to become master of the lake and stream. Beginner fly-tying will teach you how to create life-like reproductions of insects, minnows, crustaceans, and attractor patterns along with the tools to create them. All flies are for the fish local to the Blue Ridge and piedmont area. Instructor has over 25 years of experience in the fly-tying field.

Tuesdays, January 13th – March 2nd

7:00pm – 9:00pm

Instructor: **Bud Brune**

Location: Culpeper Middle School (Meet in cafeteria)

Fee: \$60 per person

**Special note – There is an additional fee of \$20 dollars for materials that will be provided by local fly shops.*

Culpeper SOLE Runners <Winter Training>

Meet new friends and put some **SOLE** between yourself and the road. The Culpeper Running Club allows beginners and advanced runners to train in a social setting. For more information stop by or register by mail. Come out and train with us.

Running Coordinator: **Glenn Carpenter**

Location: Ask upon registration (Rotating)

Fee: \$20 per person

Tot Time

Time to get your child involved with others in a social atmosphere. Sign your child up to participate in a wide variety of activities that will allow them to increase their social and play skills. Parents, stay, meet new friends and enjoy a playful atmosphere. Ages 2 – 4.

Mondays and Wednesdays, Jan 26th & 28th – Mar 8th & 10th

10:00am – 11:00am

Instructor: **Dr. Harnum** (a.k.a: Lisa Lenig)

Location: Hazel River Armory E. Davis St.

Fee: \$30 per. person

Positive Parenting

Learn to enjoy your child more by learning effective parenting skills. A question and answer group lead by Dr. Harnum. Topics will address a variety of issues that occur in different social settings. Class participation is greatly encouraged. Childcare will be provided during these sessions.

Mondays and Wednesdays, Jan. 26th & 28th – Mar. 8th & 10th

11:00am – 12:00pm

Instructor: **Dr. Harnum** (a.k.a: Lisa Lenig)

Location: Hazel River Armory E. Davis St.

Fee: \$35 per. person

Swing Dance

Does the music of the big band era get your feet stomping and your head bobbing? We have just the thing for you! This class will teach you the popular styles of the big band dance era. Come alone or bring a friend or a family member. It promises to be fun!

Wednesdays, Jan. 14th – Mar. 3rd

7:00pm – 8:00pm

Instructor: **John Gentile**

Location: 303 N. Main Street, 2nd Floor

Fee: \$40 per person (10% discount offered to pairs)

Ballroom Dance

Have you always wanted to learn how to dance? This class will teach you a number of the elegant dance steps seen in many of the worlds' finest ballrooms. Try the Waltz, Cha-cha, Rhumba and Fox Trot along with many others.

Wednesdays, Jan. 14th – Mar. 3rd

8:00pm – 9:00pm

Instructor: **John Gentile**

Location: 303 N. Main Street, 2nd Floor

Fee: \$40 per person (10% discount offered to pairs)

Country Western Dancing

Have you always wanted to learn how to do the country two-step and country waltz? Come out and try the fun filled class of country specialty dances.

Wednesdays, Jan. 14th – Mar. 3rd

9:00pm – 10:00pm

Instructor: **John Gentile**

Location: 303 N. Main Street, 2nd Floor

Fee: \$40 per person (10% discount offered to pairs)

Adult Basketball

Ages 18 and up are invited to participate in this weekly pick-up style gathering. It is a lot of fun and a variety of competition. Please bring proof of age (ID) with you when you register. There will be two Flights of the adult basketball this year to increase the competition level. Only **pre – registered** players will be permitted to play.

Tuesdays Jan. 20th – Mar. 9th

Flight I: Age 18 – 24 will meet from 7:00pm – 8:00pm

Flight II: Age 25 and up will meet from 8:00pm – 9:00pm

Location: Culpeper County Middle School, Gymnasium

Lead Volunteer: **Quintin Noakes**

Fee: \$35 per person

Digital Photography

This new age class focuses on the use and functions of a digital camera. The various types of equipment on the market will be discussed and you will learn what type of equipment will fit your photographic needs.

Mondays, Jan. 12th – Feb. 16th

6:30pm – 8:15pm

Instructor: **Brian Ashdown**

Location: George Washington Carver Piedmont Educational Center

Fee: \$35 per person

Special Note: If you have your own digital camera, feel free to bring it, although it is not a requirement.

Advanced Digital Photography

This in-depth look at the subtle workings of a digital camera and its functions are what you need to take your photography into a new era. Learn more about using a digital camera in a photographic environment, so you can digitally master your best work.

Mondays, Jan. 12th – Feb. 16th

8:30pm – 9:45pm

Instructor: **Brian Ashdown**

Location: George Washington Carver Piedmont Educational Center

Fee: \$35 per person

Special Note: If you have your own digital camera and/or laptop feel free to bring it, although it is not a requirement.

Ping – Pong Socials

Come together and enjoy social evenings of cheering and competition over a few games of pong. Pre-registration is required and space is limited so sign – up now. A few paddles and balls will be provided but if you have your own lucky striker it will be allowed.

Wednesdays, Jan. 21st – Mar. 10th

7:00pm – 8:30pm

Instructor: **Wayne Brown**

Location: George Washington Carver Piedmont Educational Center

Fee: \$20 per person

Beginning Guitar

Learn how to jam along with your favorite tunes by developing skills in chord patterns, strumming techniques, music theory and more. This class is for beginners with little to no experience. If you have participated in this class before, call and place your name on the advance list for the winter session.

Tuesdays, Jan. 20th – Mar. 2nd

6:30pm – 8:30pm

Instructor: **Darcy Canton**

Location: Sycamore Park Elem.

Fee: \$50 per person, own guitar is required!!!

Basic Voice Theory & Picking Techniques

An evolution from beginning guitar, this class will introduce various methods of picking patters to enhance the playing of the modern guitar. In addition basic voice theory will be taught to provide a practiced student the ability to sing and play at a higher level.

Wednesdays, Jan. 21st – Feb. 25th

6:30pm – 8:30pm

Instructor: **Thom Shotwell**

Location: Sycamore Park Elem.

Fee: \$45 per person, own guitar is required!!!

Vest Design

Use the skills you developed in quilting class to create your very own vest made out of the materials used in quilting. This is fun energizing class that will test your skills and increase your creativity.

Wednesday, Jan. 28th – Mar. 3rd

6:00pm – 8:00pm

Instructor: **Joyce Calhoun**

Location: George Washington Carver Piedmont Educational Center

Fee: \$35 per person

Oil Painting

Learn the basics of painting from how to prepare a canvas to composition, color mixing and completion of desired imagery. Classes are taught in oils but those already working in acrylics may bring them. Minimal-shared paint set provided but personal materials are preferred for your own intent and development. Age not important, but serious interest is. Tuesdays, Jan. 20th – Mar. 9th

6:30pm – 8:30pm

Instructor: **Linda Ramer**

Location: George Washington Carver Piedmont Educational Center

Fee: \$55 per person

Drawing

Ever have an image in your mind that needs to be displayed? Want to learn the basics of capturing images, contouring, shading, and movement sketching? If so then this class is for you, the last two classes will combine the above skills to develop a finished life portrait or composition. Sketch loose, live free.

Thursdays, Jan. 22nd – Feb. 26th

7:00pm – 8:00pm

Instructor: **Linda Ramer**

Location: George Washington Carver Piedmont Educational Center

Fee: \$40 per person

Dog Obedience

Do you have a new puppy that is in need of some manner training? What about an older dog that could use a refresher course? We offer two different classes for all of your doggy needs.

- A. Puppy Basic – This class teaches basic commands, socialization and dog attention. Recommended for puppies.

Tuesdays, 10:00am – 11:00am Jan. 20th – Mar. 9th

Tuesday Nights, 6:30 – 7:30pm Jan. 20th – Mar. 9th

- B. K-9 Good Citizen – This class will give you 10 steps to help your dog gain confidence and control.

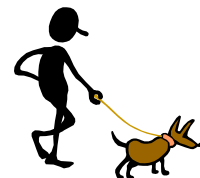
Tuesdays, 11:00am – 12:00pm Jan. 20th – Mar. 9th

Tuesday Nights, 7:30pm – 8:30pm Jan. 20th – Mar. 9th

Instructor: **Betty Ann Howell**

Location: 303 N. Main Street, 2nd Floor

Fee: \$75 per dog participant



Golden Harmony: Senior Exercise Club

A fun workout program that will get your blood flowing and muscles working! Program uses lightweights, chair exercises, hand movements and low-impact aerobics for those at the young age of 55 and up.

Class is ongoing through May

Mondays and Thursdays, Sept. 8th – May 29th

10:30am – 11:30am

Instructor: **Maggie Corradi**

Location: 303 N. Main Street, 2nd Floor

Fee: \$4 per person/class



Seated Fitness

This is a gentle workout that incorporates cardiovascular strength, muscular strength, range of motion, and flexibility while seated in a chair. Please bring your own water and towel. These aerobic movements are geared towards those 50 years and older.

Wednesday, Jan. 21st – Feb. 25th

2:00pm – 3:00pm

Instructor: **Sharon Steele**

Location: Culpeper County Library (Large Meeting Room)

Fee: \$15 per. person

American Heart Association CPR (Adult)

Class focuses on chain of survival, choking, and symptoms of a heart attack. Perform the actual skills of CPR.

Sunday, Feb. 22nd

2:00pm – 6:00pm

Instructor: **Verna Mae Bretschneider**

Location: 303 N. Main Street, 2nd Floor

Fee: \$25 per person

Note: Book and Certification Card Included



American Heart Association CPR (Infant/Child)

Class focuses on chain of survival, choking and prevention of accidents.

Saturday, Feb. 28th

1:00pm – 5:00pm

Instructor: **Verna Mae Bretschneider**

Location: 303 N. Main Street, 2nd Floor

Fee: \$25 per person

Note: Book and Certification Card Included

American Safety Health Institute (ASHI) First Aid and Safety

Topics to be discussed are heart attack, stroke, diabetes, seizures, severe bleeding and more. Practical experience will include splinting, bandaging, choking recovery and more.

Sunday, Mar. 7th

1:30pm – 6:00pm

Instructor: **Verna Mae Bretschneider**

Location: 303 N. Main Street, 2nd Floor

Fee: \$25 per person

Note: Book and Certification Card Included



White Buffalo: Horse Winter Survival & Training

General horse health concerns and training methods will be explored with emphasis on maintenance and preventive care, especially for the winter months.

Subjects covered:

- How to organize a health care record book.
- Immunizations,
- How & when to de-worm your horse.
- Study the life cycle of worm parasites.
- Teeth & dental care,
- The most common horse diseases, treatment, & prevention.

Sundays, Jan. 18th – Feb. 15th

1:00pm – 2:00pm

Instructor: **Judy Watson**

Location: White Buffalo Farm

Fee: \$70 per. person

Youth Soccer Skills

Learn the fundamentals of the “Worlds” most popular game. Enjoy, dribbling, kicking, passing, and so much more. All skills will be brought into a game environment at the end of the training session.

Thursday, Jan. 29th – Mar. 4th

7:30pm – 9:30pm

Instructor: **Judy Watson**

Location: Floyd T. Binns

Fee: \$30 per. person

Ballet, Tap, & Jazz

Join our dance classes and be a part of our spring recital. Classes are available for ages 4 and up with different skill levels available. The forms of dance taught are determined by each class's skill level. Scheduling of classes is Monday, Wednesday, Friday, and Saturday with different times for each class. Classes are held on a weekly basis and fees are collected monthly. The ranges of fees are \$30 - \$40 a month per class. Further information will be provided by the instructor.

CLASSES BEGIN THE WEEK OF SEPTEMBER 3, 2003

1. **AGES 4 – 5 BALLET AND TAP:** Class will meet every Friday from 5:30 – 6:30 p.m. \$30/per month
2. **AGES 6 – 8 BALLET AND TAP:** Geared towards the beginner or intermediate student. Class will meet every Friday from 6:30 – 7:45 p.m. \$35/per month
3. **AGES 9 – 11 BEGINNER BALLET, JAZZ AND TAP:** Class will meet every Wednesday from 5:30 – 6:45 p.m. \$35/per month
4. **AGES 9 – 11 INTERMEDIATE TO ADVANCED BALLET, JAZZ AND TAP:** Class will meet every Monday from 5:30 – 7:00 p.m. **At least two years prior dance instruction is necessary for this class.** \$40/per month
5. **AGES 12 AND OLDER BEGINNER BALLET, JAZZ AND TAP:** Class will meet every Monday from 7:00 – 8:30 p.m. \$40/per month

AGES 12 AND OLDER INTERMEDIATE/ADVANCED BALLET, JAZZ AND TAP: Class will meet every Saturday from 11:00 – 12:30 p.m. **At least two years prior dance instruction is necessary for this class.** \$40/per month

Instructor: **Lorrie Kilby**

Location: 303 N. Main St., 2nd floor.

Fee: \$30 – 40 per. person

Family Tae Kwon Do, Levels I & II

Tae Kwon Do is the ageless Korean martial art that offers **Fitness, Self-Defense** and **Self-Confidence** to every member of the family from school age to the eldest. This is a “beginners” class offered as introduction to “*The Way of the Hand and Foot.*” Each class member progresses at his/her own rate. Tae Kwon Do focuses on personal development of mind and body. To say that it is just self-defense would be to lose most of the valuable ideals and philosophy behind this ancient art. Personal development has never been so much fun!

Tuesdays and Thursdays, Jan. 27th & 29th – Mar. 16th & 18th

6:00pm – 7:00pm

Instructor: American Taekwondo Association

Location: George Washington Carver Piedmont Education Center

Fee: \$65.00 per person

PUREFITNESS: Aerobics / Step Class

The PUREFITNESS Aerobics / Step Class consists of three different workouts. Each class works a different muscle group and increases confidence every step of the way. The different workouts are listed below, Day Care is provided!

Lo N’ Lean: A low impact, high intensity workout for all populations, especially beginners to exercise. Cardio, strength, flexibility and stretching complete this incredible yet relaxing workout. (*Mondays*)

Interval / Weighted Step: This workout combines intervals of Step with light hand held weights and strength training in intervals using Dynabands, Theratubes, and weighted bars. ALL LEVELS (*Wednesdays*)

Total Body Conditioning: Re-contour your body through muscle strengthening and shaping resistance exercises using hand weights, tubing, Body Bars, Exerballs and Dynabands. Improve muscular endurance; correct body alignment and help prevent injury.

ALL LEVELS (*Fridays*)

Continuing Enrollment: M, W, F

Jan. 12th – Mar. 19th 9:00am – 10:00am

Instructor: Leslie Maryk

Location: PUREFITNESS: 509 S. Main St. Suite 131

Fee: \$30 month for 3 classes per week (*paid through parks and rec.*)

Daycare: \$2 per hour / per child, (*to be paid at PUREFITNESS*)

Purefitness Yoga

This class is perfect for those who are looking to increase muscular strength, endurance, flexibility, balance, and coordination. Ashtanga, Inyengar, and Anusara postures are taught in a simple yet invigorations style to unleash the athlete inside of you. The class also focuses on postures that decrease risk of injury and improve athletic performance for all sports. **INTERMEDIATE LEVELS**

Wednesdays, Jan. 14th – Feb. 18th

6:40pm – 7:45pm

Instructor: **Purefitness Staff**

Location: PUREFITNESS: 509 S. Main St. Suite 131

Fee: \$75 per person (if you sign up for **gentle yoga** also)

\$50 per person (for **Purefitness Yoga** only)

When registering please indicate on registration form if you are signing up for 1 class per week or two classes per week, note the price difference above.

Purefitness Gentle YOGAFIT™

An energizing yet relaxing class for those who wish to increase flexibility and range of motion. Hatha and Anusara postures are linked together in a flowing sequence to increase mental clarity, decrease stress, and rejuvenate the body and mind. **ALL LEVELS**

Mondays, Jan. 12th – Feb. 16th

6:40pm – 7:45pm

Instructor: **Purefitness Staff**

Location: PUREFITNESS: 509 S. Main St. Suite 131

Fee: \$75 per person (if you sign up for **Purefitness yoga** also)

\$50 per person (for **Gentle YOGAFIT™** only)

When registering please indicate on registration form if you are signing up for 1 class per week or two classes per week, note the price difference above.

Purefitness Pilates

A unique method of body conditioning, which strengthens and tones muscles, improves posture, provides flexibility and balance, and creates a more streamlined shape.

Instructor utilizes PowerRings, Flexaballs, and bands during classes. **ALL LEVELS**

Tuesdays & Thursdays, Jan. 13th & 15th – Feb. 17th & 19th

10:15am – 11:00am

Instructor: **Purefitness Staff**

Location: PUREFITNESS: 509 S. Main St. Suite 131

Fee: \$75 per person

Web Design

Start adding your piece to the virtual book called the World Wide Web. This class will teach you the basics from scratch to finish how to design and post a web page. Minimal computer experience is required.

Wednesdays, Jan. 21st – Feb. 11th

6:00pm – 7:30pm

Instructor: **Janice Estep**

Location: George Washington Carver Piedmont Center

Fee: \$30 per. person

Watercolor Painting

This watercolor class is for beginners and those who want to brush up on the finer points of painting. You will learn what to use and how to use from an instructor with over 30 years of exhibiting and 3 years of teaching experience. This is the class that will provide you with years of joy and creativity.

Wednesdays, Jan. 14th – Feb. 18th

1:00pm – 4:00pm

Instructor: **Millie Allen Lane**

Location: 303 N. Main St., 2nd floor.

Fee: \$100 per person

**Materials not included.*

Snowshoe Mtn. Tickets

The Culpeper County Parks and Recreation Dept. is selling skiing vouchers all season for **Snowshoe Mtn.** We have Midweek, Weekend, Senior, Junior, and Adult Tickets available. Prices vary depending time and season; ski packages are on average **\$10** off the gate price.

Tickets are sold at the Parks and Recreation Main Office.

Mon. – Fri., All Ski Season While Supplies last.

8:00am – 4:30pm

155 W. Davis St.

Beginning Bass Guitar

Lay down the rhythm for the rest of the band to feed off of, learn the bass guitar. This class is a basic introductory course in Bass playing. In addition to jamming you will acquire skills in music reading and theory. Class will cover styles such as Country, Bluegrass, Rock – n – Roll, Blues, Jazz...etc.

Thursdays, Jan. 22nd – Mar. 11th

6:00pm – 8:00pm

Instructor: **Greg Harpine**

Location: Sycamore Park Elementary

Fee: \$51 per. person